

# SPA MENU

## DURATION PRICE

### SIGNATURE JOURNEY

|                                  |         |        |
|----------------------------------|---------|--------|
| Journey of Bahrain               | 135 min | BD 95  |
| The Gulf Renewal                 | 120 min | BD 90  |
| Thalgo Marine Ritual Face & Body | 145 min | BD 115 |

### SPA SIGNATURE

|                                   |        |       |
|-----------------------------------|--------|-------|
| The Gulf Spa Table Thai (Hot Oil) | 90 min | BD 68 |
| The Arabian Sand Compress         | 90 min | BD 68 |
| The Himalayan Salt Stone          | 90 min | BD 68 |

### SPA MASSAGE

|                              |           |          |
|------------------------------|-----------|----------|
| Deep Tissue Massage          | 60/90 min | BD 50/60 |
| Aromatherapy/Swedish Massage | 60/90 min | BD 50/60 |
| Foot Relaxing Massage        | 60 min    | BD 40    |
| Express Massage              | 30 mins   | BD 30    |

### AYURVEDA

|                     |        |       |
|---------------------|--------|-------|
| Indian Head Massage | 60 min | BD 50 |
|---------------------|--------|-------|

### SOUND

|                              |        |       |
|------------------------------|--------|-------|
| 7 Chakra Sound Therapy       | 60 min | BD 50 |
| 7 Singing Bowl Sound Massage | 90 min | BD 60 |

### SPA BODY

|                               |        |       |
|-------------------------------|--------|-------|
| Cold Cream Marine Body Ritual | 60 min | BD 60 |
| Detox Circuit                 | 90 min | BD 95 |
| The Algae Contour Bath        | 30 min | BD 45 |
| Red Wine Scrub                | 30 min | BD 35 |
| Espresso Scrub                | 30 min | BD 35 |
| Cooling Aloe Vera Wrap        | 30 min | BD 35 |
| Sea Weed Wrap                 | 30 min | BD 35 |

## DURATION PRICE

### FACIAL

|                            |        |       |
|----------------------------|--------|-------|
| <b>AGE DEFENCE</b>         |        |       |
| Silicium Marine Super Lift | 75 min | BD 70 |
| Hyalu - Procollagen        | 60 min | BD 70 |
| Lumier Marine Brightening  | 60 min | BD 70 |

### SKIN SOLUTIONS

|                                   |        |       |
|-----------------------------------|--------|-------|
| Source Marine Hydra Strengthening | 60 min | BD 60 |
| Smoothing Detoxifying             | 60 min | BD 60 |
| Purete Marine Purifying           | 60 min | BD 60 |

### TREATMENT ESSENTIAL

|                        |        |       |
|------------------------|--------|-------|
| Express Fortifying     | 30 min | BD 45 |
| Lifting & Firming Eyes | 30 min | BD 45 |
| Intense Hydration Eyes | 30 min | BD 45 |
| Luminating Eyes        | 30 min | BD 45 |

### HAMMAM EXPERIENCE

|                       |             |            |
|-----------------------|-------------|------------|
| Moroccan Hammam       | 45 min      | BD 45      |
| Moroccan Experience   | 120/150 min | BD 120/130 |
| Moroccan Ritual       | 120 min     | BD 140     |
| Turkish Bath          | 45 min      | BD 45      |
| Turkish Bath Ceremony | 120/150 min | BD 120/130 |
| Turkish Bath Ritual   | 120 min     | BD 140     |

### TIME FOR TWO

|                          |            |            |
|--------------------------|------------|------------|
| VIP Room Facilities      | 60/120 min | BD 70/125  |
| Gulf Spa Milky Foam Bath | 30 min     | BD 35      |
| Aromatic Floral Bath     | 30 min     | BD 35      |
| Massage For Two          | 60/90 min  | BD 100/120 |
| Couple Time Experience   | 120 min    | BD 150     |
| Absolute Romance         | 180 min    | BD 185     |
| Absolute Bliss           | 180 min    | BD 225     |
| Romantic Getaway         | 240 min    | BD 290     |

### WEDDING JOURNEY

|                       |         |        |
|-----------------------|---------|--------|
| Bride to Be           | 180 min | BD 160 |
| Groom to Be           | 180 min | BD 160 |
| The Honeymoon Package | 270 min | BD 310 |

### FAMILY TIME OUT

|                     |        |       |
|---------------------|--------|-------|
| Mum & Me            | 60 min | BD 90 |
| Dad & Me            | 60 min | BD 90 |
| Younger SPA         | 60 min | BD 40 |
| Prenatal Massage    | 60 min | BD 60 |
| Post Partum Massage | 60 min | BD 60 |

### SPA DAY

|                                              |       |
|----------------------------------------------|-------|
| Weekday - Spa Day Pass (Thermal, Gym Access) | BD 14 |
| Weekend - Spa Day Pass (Thermal, Gym Access) | BD 16 |

### SPA MEMBERSHIP LADIES

|          |         |
|----------|---------|
| 3 months | BD 650  |
| 6 months | BD 750  |
| 1 year   | BD 1200 |

The Gulf Spa Ladies Membership includes: the use of the gym, thermal area and 15% discount on all spa treatments.

\*All prices are in Bahraini Dinars are inclusive of applicable VAT, levy and service charges.